

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly 1st and 15th of the month. It is available at the following locations: **Birch Hills Recreation Office**, Lake Country Co-op, Grumpy's Confectionary, Quayle's Pharmacy, and other businesses downtown. Pick up your free copy and share with a friend. Send your email address and request to be added to newsletter emailing list to **birchhillsrec@sasktel.net**

October 1st, 2019

Issue 199



FIGHT the
FLU!

FLU CLINIC
BIRCH HILLS PUBLIC SCHOOL
Birch Hills
Wednesday
November 6, 2019
3:30—7:00 pm

FIGHT
FLU

PROTECT YOUR PATIENTS and your **FAMILY** this flu season

- ▶ The free flu vaccine will be available starting October 21, 2019.
- ▶ The best way to protect our patients, our families, our co-workers and ourselves is through vaccination and regular hand washing. Get your shot early for best protection.
- ▶ Please report. If you choose to get your flu shot outside of work, please let your local Employee Health team know. Call-in or email your proof of vaccination.

Clinics start October 21 A complete listing of flu clinics offered by the Saskatchewan Health Authority can be easily accessed at www.4flu.ca or by calling HealthLine 811.



October issues of this Birch Hills activity newsletter are sponsored by:

BIRCH HILLS LIBRARY
BIRCH HILLS SENIOR BLACK-HAWKS
QUAYLES PHARMACY

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact 306-749-7451/
birchhillsrec@sasktel.net. The cost is \$100 by 3 sponsors (\$300/month) for printing, advertising and ensuring that the newsletter stays free for everyone.

BIRCH HILLS/HARPERVIEW
COOLIDGE – HEATHERDELL
HISTORY BOOK

" SALE "

\$15.00 each

Or

2 for \$25.00

Birch Hills Historical Society Phone
306-749-2262 or Marilyn at
306-749-2286

Come join us for coffee and cake to celebrate
Lorris Myhr's 99th Birthday
At the Birch Hills Seniors Hall, October 11 at 2pm
Everyone Welcome!

The last day to golf this season is Monday, October 7th (weather permitting). Thanks to all members and patrons who supported our golf course. See you next season!

OCTOBER NEWSLETTER SPONSORED BY:

Birch Hills Blackhawks 2019-20

The Birch Hills Blackhawks will once again play in the Twin Rivers Hockey League. Teams this year consist of: Aberdeen Knights, Birch Hills Blackhawks, Clavet Cougars, Cudworth Tricky Maroons, Dalmeny Sabres, Hague Royals, Rosthern Wheatkings, Shellbrook Silvertips, Waldheim Warriors and Warman Wildcats. The St. Louis Blues have taken a 1 year leave of absence and Shellbrook is a new addition to our league.

Our regular season begins on Saturday, October 26th with a road trip to play the Hague Royals at 8:30pm. Our home opener will be Sunday, November 10th at 2:00pm when the Clavet Cougars come to town. Watch for information in the next Heartbeat and on Facebook (Birch Hills Sr. Blackhawks) regarding exhibition games.

The Blackhawks will once again be holding their Calcutta Shoot-out (date to be determined) and their Comedy Night on Saturday, January 4th. Information about these and other special events will be published in the Heartbeat and posted on Facebook.

2019-20 Blackhawks Schedule (Dates and times are subject to change)

Day	Game Date	Away Team	Home Team	Game Time
Saturday	10/26/2019	Birch Hills Blackhawks	Hague Royals	8:30 PM
Friday	11/01/2019	Birch Hills Blackhawks	Rosthern Wheatkings	8:30 PM
Friday	11/08/2019	Birch Hills Blackhawks	Aberdeen Knights	8:15 PM
Sunday	11/10/2019	Clavet Cougars	Birch Hills Blackhawks	2:00 PM
Friday	11/15/2019	Birch Hills Blackhawks	Dalmeny Sabres	8:30 PM
Saturday	11/23/2019	Birch Hills Blackhawks	Warman Wildcats	8:15 PM
Saturday	11/30/2019	Birch Hills Blackhawks	Cudworth Tricky Maroons	8:00 PM
Saturday	12/07/2019	Shellbrook Silvertips	Birch Hills Blackhawks	8:00 PM
Sunday	12/08/2019	Dalmeny Sabres	Birch Hills Blackhawks	2:00 PM
Saturday	12/14/2019	Warman Wildcats	Birch Hills Blackhawks	8:00 PM
Friday	01/03/2020	Aberdeen Knights	Birch Hills Blackhawks	8:30 PM
Friday	01/10/2020	Hague Royals	Birch Hills Blackhawks	8:30 PM
Sunday	01/12/2020	Birch Hills Blackhawks	Waldheim Warriors	4:30 PM
Friday	01/17/2020	Birch Hills Blackhawks	Shellbrook Silvertips	8:30 PM
Saturday	01/18/2020	Rosthern Wheatkings	Birch Hills Blackhawks	8:00 PM
Friday	01/24/2020	Cudworth Tricky Maroons	Birch Hills Blackhawks	8:30 PM
Saturday	01/25/2020	Waldheim Warriors	Birch Hills Blackhawks	8:00 PM
Saturday	02/01/2020	Birch Hills Blackhawks	Clavet Cougars	8:30 PM

OCTOBER NEWSLETTER SPONSORED BY:



**Quayle's
Pharmacy**

PO Box 249
226 Bellamy Ave.
Birch Hills, SK S0J 0G0

Phone: (306) 749-2221
Fax: (306) 749-3330
quaylespharmacy@sasktel.net

Rx PharmaChoice *Advice for Life*



Quayle's has a great selection of wine, spirits, coolers and imported and domestic beer.

Everything you need for gatherings with friends & family!

Rx PharmaChoice
We proudly serve our community!

Flu Shots are scheduled for Monday Oct 21/19 10:00 am to 5:00 pm.

With Simpl, we can organize all your prescriptions, non-prescription medications and supplements for you. Simpl offers pre-sorted packs to fit every lifestyle at no extra cost. Pick the one that works best for you, and simplify your life with Simpl!



Ask us how to sign up TODAY!

Perks Earned	Money Saved
15	\$5
30	\$10
60	\$20



*Perks rewards program is not available at all PharmaChoice locations, and reward levels may vary by store. See in-store for details.

Halloween merchandise is out and select items are up to 75% off.

ST MARY'S ANGLICAN UPCOMING EVENTS

Community Lunches:

All community members are welcome to join us for lunch

Friday, October 4th

Next Lunch : October 18th



Sunday, October 6th 11:00am – St. Mary's, Birch Hills Trinity XVI Morning Prayer

Sunday, October 13th 11:00am – St. Mary's, Birch Hills Trinity XVII Morning Prayer

Friday, October 18th (St. Luke the Evangelist) 7:00pm, St. Alban's Cathedral, Prince Albert – Ordination to the Priesthood of Deacons Jordan Draper & Dr. David Butorac

Birch Hills Public Library

Birch Hills Library hours:


Tues 11-4 5-8
Thurs 9-12 1-6



Crystal Springs Rec Co-op

Coffee Row
@ the Hall
Oct 2nd
2 pm - 4 pm
Everyone
Welcome!

BINGO
Every Tuesday
starts @
7:30 pm

BRA CLINIC 

NO Fitting Fee, No Shipping & Handling & product Available at the time of fitting for purchase

Now representing the Tabbra Jeunique/Leunique

KEY LADIES: Do you have trouble finding the right bra for you? Do you suffer from back pain? Is your bra uncomfortable?

Our Bras: Jeunique/Leunique & Tab

- Eliminate Bursing from underarms
- Improve lymphatic drainage
- Give support
- Can eliminate neck and shoulder pain
- Don't let you sag or bounce
- Will not ride up your back
- Straps stay put and do not dig into your shoulders
- Increase circulation
- Improve posture
- Make your clothes fit & look better
- Help to eliminate perspiration under your breasts

The Bra Lady
Bras created for women by women
For appointments please call Val @ 306-749-3190

FREE BRA-FITTING CLINIC

Church Services



St. Mary's Anglican Church @ 11am

St. Anne Roman Catholic Church - Sunday at 9:00am from October to the end of January

Community Church @ 11am

Lake Park Baptist Church @ 11am

Saron Lutheran Church by Hagen @ 9:30am

Glad Tidings Tabernacle @ 11:00am

Monday October 21st - beginning @ 10 am
- evening fittings also available
@ St Mary's/St Anne's Church Hall
Call Val @ 749-3190 To Book your Fitting

Brancepeth Community Hall



FALL SUPPER



Sun. Oct. 20, 2019

Doors Open at 5pm

Adults: \$15.00

Children (12 & Under) \$6.00

TAKE OUT AVAILABLE

SHA Referee Division official Clinic @ the Birch Hills arena Sunday, November 17th from 8:30 AM until 1:30PM. All officials that wish to be registered for the 2019/2020 season must attend a Saskatchewan clinic.

Birch Hills Cowboy Church @ Community Centre 1st Sun of each month

Next Service

Sunday, 7:00pm



Featuring Country Gospel Music with

Pastor Rick Martin (981-2235)

Potluck Cookies & Cake to follow

All are Welcome

Birch Hills Volunteer Fire Department

Fundraising Calendars \$25 each

Available from any Volunteer Firefighter

All proceeds to purchase needed equipment.



EVERY WEEK IN THE HILLS

Open to Community

MONDAYS

Bowling 2:00 pm @ Seniors Hall

Dreamland Optimists Group

Fire Dept Meeting (every 2nd Mon) 7:00 pm @ Fire Hall

TUESDAY

Moms & Tots 10:00 am-12:00 pm @ Youth Centre

\$2 drop in fee

Library Open 11:00 am-4:00 pm and 5:00 pm-8:00 pm

Knitting Grannies (2nd & 4th Tues) 1:00pm @ museum

Birchview Ladies Auxiliary (1st Tues) 11:00am

Craft Night 6:30 pm - 7:30 pm (5-12yrs) @ Library

WEDNESDAYS

Thrift Shop Open 9:00 am-4:00 pm @ Museum

Coffee 2:00pm @ Museum

Line Dancing 9:30-11:00 am @ Civic Centre

Museum Open 2:00 pm - 4:00 pm

Town Council Meetings 2nd and 4th Wed of the month

THURSDAYS

Moms & Tots 10:00 am-12:00 pm @ Youth Centre

\$2 drop in fee

Library Open 9:00 am -12:00 pm and 1:00 pm -6:00 pm

Legion Meeting 2nd Thurs of each month 7:00 pm @ Legion (No meeting in July and August)

FRIDAY

Friday Night Youth at Youth Centre 7:30pm

SATURDAY

Thrift Shop Open 1:00 am-4:00 pm @ Museum

Coffee 2:00pm @ Museum

Senior Centre Contact: Delores Jones 749-2680

RECYCLE

Please Share your Newsletter with a friend.

Send request to birch-

hillsrec@sasktel.net to receive the news letter online.



Tickets on sale now for TLC Daycare Inc Trip of the Month!!! First Draw January 2020.

Purchase your tickets from any Daycare family, Board member or call the daycare @ 749-2441. You have 12 chances to win an \$1800 Travel Voucher or \$1400 CASH. Early Bird Draw of \$500.

ONLY 400 tickets will be sold!!!

Congratulations to our entire 2018 /2019 Trip of the Month Winners!!!

Early Bird Draw – Ian Farthing

September – Ann Porter

October – Kristy Thompson

November – Dave Wojcichowski

December – Mike Tweten

January – Donna Stratyschuk

February – Mardell

Linfitt

March – Jody Ritthaler

April – Paul Soini

May – Ivan Cyr

June – Mardell Linfitt

July – Mardell Linfitt

August – Rachelle Nelson



Upcoming Events

October

7 - Last day to Golf

9 - TLC Daycare Thanksgiving Lunch

20 - Brancepeth Community Hall Fall Super

November

2 - Birch Hills Trade show

11 - BH Blackhawks Home Opener vs Clavet

17 - SHA reffing clinic @ arena

23—Weldon Trade show

To the Attention of the Ratepayers for the RM of Birch Hills No. 460

The RM of Birch Hills has entered into contract with Tetra Tech, a third party landfill specialist, to advise Council with regards to the proposed landfill development within our RM. The expertise of Tetra Tech is being made available to our ratepayers through meetings by APPOINTMENT ONLY, on October 15, 2019 for those with questions or concerns regarding the proposed development.

Each meeting will be a maximum of 20 minutes long and a maximum of 2 ratepayers per meeting.

Please contact the RM office at 306-749-2233 to schedule an appointment as space is limited.

Birch Hills Tradeshow

Saturday November 2nd - 10am - 2pm

Birch Hills Civic Centre

Tables \$25 each

Lunch provided by Birch Hills Guiding Association

Please contact Audrey at kam@sasktel.net for table rental.

Table must be prepaid prior to the trade show.

Birch Hills Community Lutheran Brethren Church Invites you to:

Sunday Morning Worship

11:00am at the corner of 4th and Bellamy

Tuesday & Friday Morning-Moms and Tots

10:00am - Noon at the Youth Centre \$2 Drop In

Friday Night Youth Age 12 and up

7:30pm at the Youth Centre

Saturday Morning Coffee Row

7:00am - 10:00am at the Youth Centre

October Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October 2019</p> <p>Extra Calendars on the Rec Desk ☺</p>		<p>11:00- Ladies Auxiliary Meeting</p> <p>2:30- Baptist</p>	<p>10:30- Horse Racing</p> <p>2:30- Going to the Bar (Weather permitting)</p>	<p>(Annelle) Auxiliary Zone Rally in Cudworth</p> <p>12:30- Army & Navy Outing</p>	<p>10:30- Helping Hands</p> <p>2:30- BINGO</p>	
6	<p>10:00- Baking Pumpkin Pies</p> <p>1:00- Giant Tiger Shopping Trip</p>	<p>(Annelle)</p> <p>10:30- Tone Chimes</p> <p>2:30- Community (Communion)</p> <p>4:30- Supper Club</p>	<p>2:30- Sing Along w Olive & Friends</p> <p>4pm- Youth Vol. Orientation <small>Yom Kippur</small></p>	<p>10:30- Music by Joanne Howes</p> <p>2:00- Making Cabbage Rolls</p>	<p>10:00- Helping Hands</p> <p>12:30- TLC Daycare Harvest Meal</p> <p>2:30- BINGO</p>	11
13			<p>10:30- Grade 4's Visit!</p> <p>2:30- Pentecostal</p>	<p>10:30- Card Sharks</p> <p>2:30- JOB Mates Birthday Bash</p>	<p>10:45-</p> 	18
20	<p>10:30- Stretcherize</p> <p>2:30- Alice & the Fiddler</p>	<p>10:30- Tone Chimes</p> <p>2:30- Roman Catholic <small>Simchat Torah</small></p>	<p>10:00- Minto Bowl</p> 	<p>(Annelle) Recreation Conference @ Pineview</p> <p>2:30- Fred Funk</p>	<p>10:30- Helping Hands</p> <p>2:30- BINGO</p>	25
27	<p>(Annelle)</p>  <p>2:30- Candy Bag Assembly</p>	<p>10:00- Pumpkin Carving</p>  <p>2:30- Anglican</p>	<p>10:45- Walmart Outing</p>	<p>10:15- Daycare Costume Parade</p>  <p>2:30- Halloween Dance</p>	<p>Happy Halloween</p>	31

Birchview Ladies Auxiliary, Health Foundation, Residents and Staff would like to extend our greatest gratitude to the businesses and members of this wonderful community. Our goal was met and surpassed. Your generosity in volunteerism and donation is heartwarming. It's amazing what Birch Hills can achieve when we all work together. Many thanks!!

"The Step outs would like to invite anyone interested in line dancing to attend our Monday, November 4th beginner class from 9:30 to 11:00 at the birch hills civic centre. We have a good variety of musical selections, and dancing is great exercise. We usually get in a few laughs and there is coffee afterwards. No experience necessary!!!!"

Weldon Fall Tradeshow
November 23, 2019
10am-2pm
Tables are \$20
To book a table please contact Chelsey Erickson
@
(306)864-8084

Thank you all for helping me
- Bike Bob



TLC DAYCARE INC.
ALONG WITH
GRANDMAS FOR TLC,
WOULD LIKE TO INVITE YOU TO
OUR ANNUAL THANKSGIVING
LUNCH!

WHEN: WEDNESDAY OCT. 9TH

WHERE: BIRCH HILLS CIVIC CENTER

TIME: 11:30^{AM}- 1:00^{PM}

COME HUNGRY AND FILL UP ON TURKEY,
MASHED POTATOES, STUFFING, GRAVY,
VEGGIES, BUNS, AND HOMEMADE PUMPKIN
PIE.(TAKE AWAY CONTAINERS AVAILABLE)

SILVER COLLECTION

EVERYONE IS WELCOME!!

